



## **HEALTHY GAMER COACHING PROGRAM FAQ**

The Healthy Gamer Coaching program pairs gamers wanting to work through personal and/or lifestyle challenges with peer coaches trained by Dr. K. Coaches are trained to support gamers by understanding the psychology of video games and channeling these drives towards real world success.

Our coaches are dedicated, empathic, and thoughtful individuals who are committed to helping their clients overcome challenges and rebuild lives. Many of our coaches have relevant experiences and are actively involved in video game communities.

### *For Clients*

#### **How do I know if the program is working?**

We recommend 8 weeks to assess progress based on our Beta Program. Dr. K is working with the mental health community to create an outcomes measure. Before coaching begins, gamers will fill out an assessment that pinpoints goals and challenges along with objective measures of health and wellness (sleep, emotional wellbeing, weight, etc). After each session, both coaches and clients will be asked to rate their sessions and pinpoint things to work on moving forward.

#### **For how long should I see a coach for?**

Healthy Gamer recommends weekly coaching for at least 12 weeks, ideally up to 12 months. Based on a pilot program from 2018 to 2019, participants built noticeable momentum in 3 months, experienced remarkable breakthroughs in 6 months, and underwent significant growth in 12 months - signs of growth include enhanced physical and mental health, expanded social activity and emotional awareness, and real-world progresses such as improvements to job and school performance.

#### **How does pricing work?**

Pricing will be listed on the Healthy Gamer website and is subject to change based on responses from the community. We are currently anticipating a price of \$40-50/session for private coaching and \$20-30 for group coaching. Pricing is determined through a balance between affordability for our clients and a fair compensation for our coaches.

#### **Can I get coaching from Dr. K?**

Dr. K's availability will be listed on the Healthy Gamer website when it becomes available. Working with gamers is his favorite thing to do! In an effort to help the most people possible, Dr. K conducts limited group coaching sessions but does not currently work one-on-one.



## *For Coaches*

### **What makes a good coach?**

A good coach is thoughtful, present, and puts clients first while maintaining ethical standards and appropriate boundaries. The best coaches implement change in their own lives as well, so that they can better guide and support others. They are gamers who have overcome the challenges that their clients are currently facing.

### **What kind of training do coaches get?**

All coaches are personally trained by Dr. K through 12 modules, and then undergo at least 30 hours of supervised coaching. Our coaching program curriculum was developed by Dr. K and combines evidence-based mental health, meditation, and psychiatric training to extract the most important principles & techniques to help gamers rebuild their lives.

### **What does supervision look like?**

Supervision involves weekly discussion by coaches-in-training in a group format, supervised by Dr. K or an appointed trainer. The peer supervision model gives coaches a chance to discuss their cases - what is going well, what is challenging, and to work through those challenges with your coach cohort. At times, supervision may also include Dr. K, a trainer, other coaches or coaches-in-training sitting in on coaching sessions. The parties sitting in will observe the session (in full or in part) and offer constructive feedback to the coach conducting the session. Supervised sessions will be recorded for review for quality assurance and training purposes. Feedback will be sent to coaches after the session, and supervisors will only intervene if necessary.

### **What are my credentials after Healthy Gamer?**

After completing the certification training, you are a certified Healthy Gamer Coach! Over time, we may develop more advanced levels of training and certification, modeled on existing recovery coach programs.

This training does not make you a licensed clinical mental health professional. The goal of a coach is to support, guide, and advocate for a gamer through their journey, not to diagnose or treat a medical condition.

Healthy Gamer reserves the right to revoke credentials if the ethical standards are not met, if there is material breach of the terms of the coach agreement and/or if clients are consistently unsatisfied.



# HEALTHYGAMER

## **How do I find clients?**

Healthy Gamer will pair you with clients through our platform. The Healthy Gamer platform will provide a steady stream of clients, with support for scheduling, billing, dispute resolution, quality assurance, and outcome measures.